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# Dance Division Rules

1. **Dance entries must be video recorded and the length of the dance must be no longer than 3 minutes.**
2. Judges reserve the right to move an entry to the appropriate category or disqualify the entry if rules are not followed.
3. If the Veteran **sings at any time during the act, the entry will be disqualified.** Any vocal singing needs to be placed under a music category. (Audio tracks containing vocals are allowed.)
4. Dance entries will be judged based on the dance style and steps incorporated in the performance as opposed to the style or type of music selected.
5. Whole-body (head to toe) video recording for dance entries is necessary. Video recording can include close-ups of the body and/or feet but whole body view of the movement should be included as well.
6. No restrictions or qualifications shall be placed on the partner of dance soloists. **One non-Veteran partner per Veteran will be allowed.** If the type of group dance (such as line dance) requires partners, **at least 50% of any group shall be eligible Veterans. Entries MAY NOT be expanded with non-eligible Veterans or any other individual.**
7. The **CD accompaniment** of the dance division entries are **required to be included with each dance entry form** in order for the entry to be considered for possible inclusion in the Festival show, should the entry place first in the national competition. However, an entry may win a first place without the CD accompaniment included. In order to continue to provide the quality orchestra arrangements for the show, as in the past, this rule has become a necessity. Thank you for your compliance with this rule.
8. Each video recorded entry must contain a title slide/page that includes the category number, category name, title of piece and name of Veteran(s) in the entry. The time it takes for the title page to be viewed does not count against the 3 minute entry.

*\*Note: VA staff contact persons will be notified via E-mail with the 2015 competition results.*

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# Dance Categories

***Note: Dance categories have been renumbered.***

## Wheelchair Dance Categories

Entries in any of the wheelchair dance categories must involve movement of the wheelchair(s) from one space to another.

1. Structured Ballroom - Solo or Group. Pattern of movement of wheelchair to music in a choreographed routine. Structured ballroom dances such as the waltz, jitterbug/swing, hustle, disco, polka, lindy hop, fox-trot, quick step, samba, cha-cha, salsa, Meringue, Machida, rumba, tango, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
2. Novelty - Solo or Group. Any movement of wheelchair to music where props or a theme is used, that is innovative and for amusement value.
3. Country/Western/Folk/Ethnic/Cultural - Solo or Group. Country/western dances such as: Two Step, Waltz, Cowboy or Traveling Cha Cha, Polka, Schottische, promenade dances, East Coast Swing, West Coast Swing, Line Dance, Square Dance. Choreographed/patterned dances associated with various cultures or countries. Examples may include: Clogging, Jewish Hora, Jig, May Pole, Mexican Hat, etc.
4. Line Dance - Set pattern of movement done with the wheelchair so individual ends up facing 2 or 4 walls. Suggest a minimum number of 3 to form the line.
5. Interpretive Movement - Solo or Group. Interpreting song lyrics or feelings through hand movements or gestures. Example may include sign language or other hand movements. Wheelchair does not need to move.

## Ambulatory Dance Categories

6. Structured Classical Ballroom - Solo or Group. Pattern of movement of to music in a choreographed routine. American style structured ballroom dances such as the waltz, jitterbug/swing, hustle, disco, polka, lindy hop, fox-trot, quick step, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
7. Structured Latin Ballroom - Solo or Group. Latin style structured ballroom dances such as samba, cha-cha, salsa, Meringue, Machida, rumba, tango, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
8. Novelty - Solo or Group. Any movement of wheelchair to music where props or a theme is used, that is innovative and for amusement value.
9. Country/Western/Folk/Ethnic/Cultural - Solo or Group. Country/western dances such as: Two Step, Waltz, Cowboy or Traveling Cha Cha, Polka, Schottische, promenade dances, East Coast

Swing, West Coast Swing, Line Dance, Square Dance. Choreographed/patterned dances associated with various cultures or countries. Examples may include: Clogging, Jewish Hora, Jig, May Pole, Mexican Hat, etc. It is still considered a solo when one Veteran dances with a non-Veteran partner.

10. Line Dance - Set pattern of steps that repeat, with quarter or half turns facing 2 or 4 different walls. Suggest a minimum number of 3 Veterans to form a line; no VA staff contact persons or volunteers may be included in the line.
11. Interpretive Movement - Solo or Group. Interpreting song lyrics or feelings through hand movements or gestures. An example may be sign language. Movement of feet not required; no singing.

### **Wheelchair or Ambulatory Dance Categories**

12. Freestyle/Hip-Hop - Solo or Group. Wheelchair or Ambulatory. Non-choreographed/non-patterned movements that can involve any style of dance. Movements are spontaneous/improvisational. Entries into this category may contain many diverse steps and movements allowing dancers to use freedom of expression to enhance their dance style. Example: Freestyle hip-hop, etc.
13. Tap, Jazz or Ballet - Solo or Group. Wheelchair or Ambulatory. Traditional tap, jazz, or ballet patterns of movement choreographed to music in a routine. It is still considered a solo when one Veteran dances with a non-Veteran partner.

### **Dance Special Recognition Category**

14. Special Recognition - Solo or Group. Wheelchair or ambulatory. Entries that recognize individuals who exhibit creative expression through the use of dance while possessing significant physical or psychological limitations. The intent of this category is to reinforce the concept of the arts as therapy, where an individual uses artistic expression to facilitate successful treatment outcomes.

Entries in these categories **MUST** include:

- **Solo or Group Entry form**
- **a written statement/narrative** (25 to 225 words) by a VA staff person or the Veteran of why the Veteran is deserving of special recognition
- **Form 10-3203 – 2 pages (Consent for Production and Use of Verbal or Written Statements, Photographs, Digital Images, and/or Video or Audio Recordings by VA)** signed by the Veteran and VA staff contact person
- **Form 10-5345 – 1 page (Request for and Authorization to Release Medical Records or Health Information)** signed by the Veteran and VA staff contact person

### **Senior Dance Category**

15. Senior - Solo or Group. Wheelchair or Ambulatory. The purpose of the senior categories is to allow Veterans who may have experienced diminished physical or cognitive functioning an opportunity to compete in a category with persons who are at a similar level and age. **The senior categories are special categories for Veterans age 65 and older.** Entries may be ANY

type of dance. Group members must all be eligible Veteran inpatients or outpatients 65 years of age or older. As with other group entries, groups may not be expanded by staff, volunteers or ineligible Veterans. If a partner is needed for the dance, then a staff member, volunteer or other person may be used, but the entry would be counted as a solo if only one Veteran is present. Seniors may also enter other categories in the dance division as well.

